

After your **Rhinoplasty**, please follow these aftercare instructions to ensure optimal healing and results:

**Rest and Hydration:** Rest is crucial for your body to heal. Keep your head elevated, especially when sleeping, to help reduce swelling. Stay hydrated regularly, avoiding alcohol and caffeine as they can lead to dehydration.

**Pain Management:** Use prescribed pain medication as directed by your doctor. Do not take aspirin or any non-steroidal anti-inflammatory drugs (NSAIDs) as they can increase bleeding.

**Nasal Care:** Avoid blowing your nose for the first week after surgery. If you need to sneeze, try to sneeze with your mouth open to avoid pressure on your nose.

**Cleaning:** Gently clean the inside of your nostrils with a cotton bud dipped in a diluted hydrogen peroxide solution, if instructed by your doctor. Apply a thin layer of prescribed antibiotic ointment after cleaning.

**Avoid Strenuous Activities:** Refrain from heavy lifting, bending, straining, or strenuous exercise as these activities may increase swelling or cause bleeding.

**Diet:** Eat a healthy, balanced diet to promote healing. Begin with soft foods and gradually return to your normal diet as your recovery progresses.

**Smoking:** Do not smoke and avoid second-hand smoke as smoking can delay the healing process and increase the risk of complications.

**Swelling and Bruising:** Swelling and bruising are normal after rhinoplasty. Cold compresses can help reduce swelling, but avoid applying ice directly on your nose.

**Follow Up Appointments:** Make sure to keep all follow-up appointments so your surgeon can assess your healing progress.

**Sun Protection:** Protect your nose from the sun for several months after surgery, as it can cause discoloration or irregular swelling. Use a hat and high SPF sun cream when outdoors.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.